

# PHENOMENAL COMPETITIVE BJJ KID'S PROGRAM



## CLASSES AVAILABLE FOR KIDS:

**Beginning BJJ:** (ages 4-6 years) emphasizes coordination training with an introduction to Jiu-Jitsu. Meets Tuesdays and Thursdays from 4:30-5:00 p.m.

**Intermediate BJJ:** (ages 7-13 years) introduces your child to the basics of Jiu-Jitsu, and more challenging techniques which gives students a chance to push themselves in their grappling as well as reiterating the fundamental skills of BJJ. Meets Tuesdays and Thursdays from 5:00-5:45 p.m.

**Kid's Competitive Team:** teaches more advanced techniques and allows the students more grappling time. The competition team also gives the students the opportunity to compete at regional and national tournaments. Meets Mondays and Wednesdays from 5:00-5:45 p.m.

\*All classes at OFC are designed to give your child the tools and opportunities to excel physically, while instilling discipline, honor, self-esteem, and respect at all times.

113 N. Main St.  
Broken Arrow, OK 74012

Contact:

Email: [mail@ofcjiu-jitsu.com](mailto:mail@ofcjiu-jitsu.com)

Website: <http://ofcjiu-jitsu.com/main.html>

**918-615-6962**



**DID YOU KNOW THAT BRAZILIAN  
JIU-JITSU IS A NON-STRIKING  
MARTIAL ART BEST USED FOR  
SELF-DEFENSE?**

Brazilian Jiu-Jitsu will also enhance your child's physical fitness, teach respect for authority, build self-confidence, fine tune attention skills, and positively channel aggressive behavior.



In last year's North American Grappling Association (NAGA), the world's largest grappling tournament, all students placed at least 3rd place and above.



## FAMILY FRIENDLY



OFC provides a safe environment for all family members to participate in training. Our recently renovated facility has a supervised surveillance system and offers an area for children under the age of 3 to safely play while other family members train.



Owners, Mark Wayne and Kristy Mullin, emphasize a family-friendly environment by establishing guidelines of clean language, respect for others, and safety of students. All instructors must pass an extensive background check and maintain a clean record of being upstanding citizens.



## WHY?

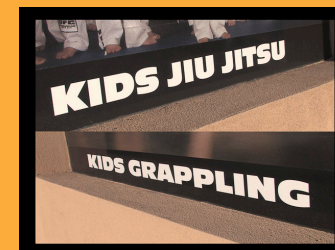
Why should you choose Martial Arts for your child?

Martial Arts is designed to give your child the tools and opportunities to excel physically, while instilling discipline, honor, self-esteem, and respect at all times



Why should you choose BJJ over other Martial Arts?

BJJ is a non-striking Martial Art that uses body leverage to overcome your opponent. When children at school need to defend themselves in a fight, the techniques they learn will help them to overpower larger bullies while not breaking school rules of hitting or kicking their aggressor. They also learn grappling techniques of how to escape from being pinned down in a fight.



Why should you choose OFC over other Martial Arts facilities that offer BJJ?

OFC's success in kid's tournaments reflects the quality training they receive from the instructors. OFC's family values provide a catalyst for your child to model upstanding citizen behavior that entail respect for others, self-control, self-confidence, and honor.